

ABSTRACT

An adhesive bandage is disclosed for protecting blisters or wounds, or for preventing chaffing or the formation of blisters. In one embodiment, the bandage includes a protective layer for covering the blister or area of skin to be protected, and an adhesive layer surrounding the protective layer. The opposite side of the bandage contains a low-friction layer or surface and a separate sheet of low-friction material adjacent to but movable with respect to the low-friction layer or surface. The sheet of low-friction material is attached to the bandage in such a way that it can move with respect to the bandage in response to frictional forces, thereby minimizing a transfer of frictional forces from clothing or the like to the bandage. A method of treating blisters, as well as a method of preventing chaffing and the formation of blisters are also disclosed.